



DAGGETT SCHOOL DISTRICT NEWSLETTER

Volume 25 - Number 2

August 2009

Daggett County Board of Education

Pat Asbill, President
Christy Jones, Vice President
Marcia Barber, Member
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MISSION STATEMENT

To create a learning environment where every student masters the skills and knowledge necessary for meaningful participation in a changing world.

★Reading

Reading is the foundation of all education therefore, we endeavor to teach all students to read at or above grade level.

★Tolerance with Respect

All children have a need to belong. Daily classroom life will be imbued with core values of concern and respect for others.

★Community Service

Each student is part of a larger community. Students will participate in class or individual projects that promote pride in and a sense of community among students and faculty.



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District Office
Editor - Kathy Parkinson

Use the six E's to teach about responsibility

You can help your child develop the trait of responsibility by using the six E's:

1. **Explain it.** Talk about what responsibility means. Give some examples.
2. **Examine it.** Look for examples of responsibility. Did a character on a TV show take responsibility for his/her actions? Point it out and talk about it.
3. **Exhibit it.** Your personal example is still the strongest way you teach.
4. **Encourage it.** Help your child think about ways he/she can be responsible. He/she could pick up his/her room every day. Be sure you notice and praise him/her. When he/she does his/her homework without nagging, say something.
5. **Expect it.** Set rules and consequences. Now that he/she knows what you expect, make sure he/she

follows through. Make sure there are consequences if he/she doesn't.

6. **Evaluate it.** How is he/she doing? After a few weeks, talk again.



BUILDING RESPONSIBILITY

Follow a few simple guidelines when you discipline your child

There is a time to negotiate with your child—it's called late adolescence. But now—with your preschooler—the only one in the driver's seat should be you.

That's not to say that you should overwhelm your child with a long list of dos and don'ts. Instead, have a few important rules, such as "You must stay next to me when we're in a crowded place," and be firm about them. "Mommy, I'll hold your hand if you buy me a piece of candy,"

should never get your child the candy. It should get him whisked into the shopping cart with the lap belt fastened securely around him.

Here are a few more discipline tips to keep in mind:

- **Be battle-wise.** Your child may use some behaviors, such as making faces, simply to irk you. Ignore these "smallies" and they may go away.
- **Avoid arguments.** Even if you stick to

your firm rules, the little lawyer in your child will still want to test them. Say, "That's the rule. I will not change my mind." Repeat as needed.

- **Consider choices.** No one, least of all a child, likes to feel powerless. So give him daily choices when both options suit you—an apple or a pear for snack, reading to him or doing a puzzle together.

Back Pain Prevention: 5 Harmful Habits

Breaking yourself of certain bad habits can help protect your spine.

We all have bad habits some of the time. But now is a good time to fix the bad habits that can be harmful to your spine and cause back pain. Here are the top 5 bad habits that can be harmful to your spine:

#1 – Twisting when Lifting

So many people make this mistake! We forget to check our body mechanics while lifting, yet too much of this type of movement can be very damaging to your back. When lifting, follow these steps:

- * Get close to the object
- * Bend your knees and grasp the object firmly
- * Lift straight up (don't twist!) in one fluid motion
- * Hold the object close to your body
- * Move close to where you want to place the object
- * Bend your knees when lowering the object



#2 – Bad Posture

How often do you think about your posture? If you're like most people, not often enough. But bad posture — slouched shoulders, head down, knees locked — places an enormous amount of stress on the spine. Good posture keeps your body in balance and helps avoid that stress. Here's what good posture looks like when standing:

- * Feet slightly apart
- * Knees straight
- * Chin slightly tucked in
- * Shoulders back

Be sure to check and correct your posture during your everyday activities. Soon you will find that you are actually more comfortable when your spine is in balance!

#3 – Too Little Exercise, Too Much Weight

A sedentary lifestyle has become all too common in our society today. Eventually our spines will pay the price. In fact, research shows that people who do not exercise regularly and are overweight are more likely to suffer from back injuries and pain. To keep that from happening to you, get up and get moving! Find a way to put exercise into your daily activities. Not only will it help keep your spine healthy, it will help you to shed those unwanted pounds and feel great, too!

#4 – Ignoring the Pain

None of us like going to the doctor, but persistent back pain should not be ignored. If you suffer from persistent, chronic, or recurring back pain, see your doctor. In most cases there is an easy, non-surgical treatment that can return you to a pain free life. However, if left untreated or allowed to progress, back pain can lead to serious and severe disability.

#5 – Smoking Tobacco

Among the many harmful effects of cigarette smoking on the body, early and more severe degeneration of the back is getting more and more attention. Nicotine — in any form — blocks the transport of oxygen and important nutrients to the spine's discs. Starved of oxygen, the discs are much less able to repair themselves and tend to collapse at a much earlier age than is seen in non-smokers. This painful collapse — degenerative disc disease — can lead to chronic back pain. Moreover, should any surgery be needed, smokers have been found to have much slower healing times and a high rate of failure to heal.

4 Steps to Reduce Back Pain

Following these expert tips could help you prevent future back aches and even avoid more serious back pain.

#1 – Know how your spine works.

The best way to take care of your spine and prevent back pain is to begin with a good understanding of how the spine works. By understanding how your spine works when you are performing daily tasks or moving through your day, you will be able to care for your spine and keep it working for a long time with fewer problems and less back pain.

#2 – Incorporate safe body mechanics into activities.

Use good body mechanics during daily tasks at home and work. What does that mean? Good body mechanics means keeping your spine in a balanced safe position while you move. By remembering a few simple ideas, you can help to avoid back injury and pain.

- * First, you should use your leg and arm muscles when bending and lifting — not your back muscles.
- * Second, keep your spine/back straight when bending and lifting.
- * Third, last but not least, make sure to bend at your hips and knees, not at your waist.

#3 – Exercise on a regular basis.

Regular maintenance of things we own helps to keep them working efficiently, safely and with less effort. The same is true of the spine.

- * Exercising on a regular basis helps to maintain spine health on a long-term basis.
- * Regular exercise helps to increase endurance and reduces fatigue.

Some people think their jobs provide enough exercise — particularly jobs that are physical and may include manual labor. Unfortunately this is not true. People need daily exercise to condition and strengthen their muscles to perform job tasks efficiently and safely.

Exercise can be fun! There are many different types of exercise. One way to ensure success when choosing to begin an exercise program is to choose some type of exercise that fits into your lifestyle. If exercise is convenient and accessible you will be more likely to continue exercising on a long term basis. For example, deciding to swim daily or perform water aerobics without easy access to a pool year round would make consistency difficult and success even less likely.

A common exercise that many people begin successfully with is walking. Walking is generally easy to fit into a daily schedule, can be done year round, and only requires a good pair of walking shoes.

Remember, whatever type of exercise you choose, always start out small (10 minutes versus 35 minutes) and increase gradually. This will also help to ensure your success at getting started and sticking with an exercise program. Add one or two stretching exercises, like a calf stretch, to your routine for additional benefit.

#4 – Fuel your body with proper nutrition.

Eating a healthy diet provides the fuel your body needs to produce energy. Energy is required to perform work, meaning the tasks we do throughout the day, including work tasks and exercise. Proper nutrition also helps to maintain your ideal body weight. Weight management is a good way to control stress on the joints in your body including the spine.

SCHOOL FEES NOTICE

FOR FAMILIES OF STUDENTS IN GRADES SEVEN THROUGH TWELVE

[IF YOU NEED HELP IN UNDERSTANDING THIS NOTICE, CALL 435-784-3174]

Utah law permits the charging of fees in grades seven through twelve. This means that your student may be charged fees for school materials, supplies, activities and programs. **Except for common household articles and common articles of clothing, your student cannot be required by a teacher or other person to pay fees or provide any materials, money, or any other thing of value unless that requirement has been approved by the local Board of Education and included in the school or district fee schedule.** In addition, no teacher, coach, or other person acting as a representative of the school may invite or require your student to participate in any summer camp or other activity unless the costs have been approved by the local Board of Education and placed on the fee schedule.

If your student is eligible based on income verification or receives SSI payments (only for blind or disabled children), or if you are receiving AFDC (currently qualified for financial assistance or food stamps) or the student was placed in your home by the government as a foster child, the school must waive the fees (meaning that you will not be required to pay the fees). If you are having a financial emergency caused by job loss, major illness, or other substantial loss of income beyond your control, your child might be eligible for a fee waiver even if other eligibility criteria are not met.

You may apply for fee waivers by submitting the *Fee Waiver Application (Grades 7-12)*. A copy of the application is included with this notice. Additional copies may be obtained from the school office. As soon as you have sent in the completed forms, the fee requirement will be **suspended until a final decision has been reached about your student's eligibility for fee waivers.** If the application is denied, the school will send you a *Decision and Appeal Form*. The Form will tell you why the application was denied, and explain how to appeal the decision. The form for starting an appeal is on the same page as the form for the decision. Remember to always keep a copy for yourself. **If you appeal a denial of fee waivers, you will not need to pay the fees until the appeal is decided.**

If your student is eligible for fee waivers, all fees must be waived, including—but not limited to—the following:

Fees for registration, textbooks, textbook and equipment deposits, school supplies, activity cards, extracurricular activities, and school lockers; lab and shop fees; gym and towel fees; costs for uniforms and accessories; field trips and assembly fees; costs for class or team trips; and costs of musical instruments used in school classes or activities.

There is no such thing as a “non-waivable” or “optional” fee, but alternatives to fee waivers may be arranged in some cases, but not for textbook fees. Alternatives to waivers are not permitted for textbook fees.

Alternatives to simply waiving school fees may include such things as a reasonable requirement for community service or an assignment to help on a fundraiser, **but may not include installment payments, IOU's, or other delayed payment plans.** Community service requirements and fundraisers must be appropriate to the age, physical condition, and maturity of the student, and must be conducted in such a way that students are not subjected to embarrassment, ridicule, or humiliation. In addition, community service requirements and fundraisers must avoid excessive burdens on students and families and give proper consideration to a student's educational and transportation needs and other responsibilities.

Your school will inform you if it will be requiring community service as an alternative to fee waivers. All students involved in a program for which funds are being raised must be invited to participate in the fundraiser, not just those who are eligible for fee waivers. All participants in the fundraiser should share in the earned benefits. Participation in the fundraiser may be required for those who have requested fee waivers. If a fee-waiver eligible student has already performed a community service requirement covering all of the fees in question, then additional fundraising shall not be required of that student unless all students are subject to the same requirement.

Since people in low-income areas usually have less discretionary income and so may be less able to donate or spend money on fundraisers than those in higher-income areas, quotas should not be used. The question should be whether a student made a good-faith effort, not whether a particular student met a sales quota. If a student makes the requested effort, but sufficient money is not raised in the fundraiser to cover all charges for the school activity and the activity goes forward anyway, then the difference between the fee-waiver eligible student's share of the proceeds and the actual amount of the fee must be waived.

School funds are limited, and your school may need help other than fees. As a result, **the school may ask you for tax-deductible donations of school supplies, equipment, or money**, but the school **cannot require donations**. **No student may be penalized for not making a donation**. For example, if donations are used to pay for a field trip, every student must be allowed to go on the trip even though some may not have made a donation.

Regardless of whether you have paid fees, donations, and contributions or not, or have applied for, received, or been denied waivers, your name is confidential and cannot be disclosed to anyone lacking both a right and a need to know the information. The school may, however, with the consent of the donor, give appropriate recognition to any person or organization making a major donation or contribution to the school.

Charges for class rings, yearbooks, school pictures, letter jackets, and similar items are not fees and need not be waived. Also, if your student loses or damages school property, the costs of replacement or repair are not fees and need not be waived. Students may be required to pay fees for concurrent enrollment or advanced placement courses. The portion of the fees related specifically to college or post-secondary grades or credit is not subject to fee waiver. In addition, only those students who have paid a textbook or equipment deposit are eligible to receive a deposit refund at the end of the year.

The school and school staff cannot withhold, reduce, or enhance grades or credit, or withhold grades, credit, report cards, transcripts, or diplomas to enforce the payment of fees. However, the school may withhold official copies of report cards, transcripts, or diplomas if fines or other charges for lost or damaged school property have not been resolved. State law requires schools or school districts to require DOCUMENTATION of fee waiver eligibility if parent must “apply for fee waivers.” Local boards will have policies and/or guidelines for determining required documentation for eligibility for fee waivers.

State law requires a school district to provide alternatives in lieu of fee waivers, “to the fullest extent reasonably possible according to individual circumstances of both fee waiver applicant and school,” consistent with local board policies and/or guidelines.

Fee waiver eligibility documentation is NOT required annually but may be required at any time by the school or a parent may ask for review for good cause. Also, documentation SHALL NOT be maintained for privacy reasons. Schools may transfer fee waiver eligibility information to other schools to which students advance or transfer.

NOTE: If your district does not require parents in the entire district area or parents and students in specific schools or sections of the district to “apply for fee waivers,” district administrators NEED NOT require verification of eligibility under this section.

If you have questions, first talk to your school or school district representative listed below. If you still need help, contact one of the other agencies listed:

School telephone no.: 435-784-3174

Ask for: Guy Gonder, Principal

District telephone no.: 435-784-3174

Ask for: Bruce Northcott, Supt.

Utah State Office of Education

250 East 500 South

P.O. Box 144200

Salt Lake City, Utah 84114-4200

801-538-7830

USOE 4/8/09

SCHOOL FEES NOTICE
FOR FAMILIES OF CHILDREN IN KINDERGARTEN THROUGH SIXTH GRADES

[IF YOU NEED HELP IN UNDERSTANDING THIS LETTER, CALL 435-784-3174 Ex 320]

The Utah Constitution prohibits the charging of fees in elementary schools. That means that if your child is in kindergarten through grade six (even though the grade may be part of a middle school), you cannot be charged for textbooks, classroom equipment or supplies, musical instruments, field trips, assemblies, snacks (other than food provided through the School Lunch Program), or for anything else that takes place or is used during the regular school day.

If you wish to purchase school pictures, yearbooks, or similar items through the school, those costs are not fees and will not be waived. Also, if your student loses or damages school property, the costs of replacement or repair are not fees and need not be waived.

Federal law permits schools to charge for food or milk provided as part of the School Lunch Program. If you cannot afford to pay, you may be eligible for free or reduced price meals or milk. Your school will give you information about applying for free or reduced price meals and milk. **All information which you provide in your application will be kept confidential.**

State law and State Board of Education rules **do not permit schools to charge fees for anything that takes place during the regular school day!** Fees may only be charged for programs offered before or after school, or during school vacations. *If your child is eligible based on income verification or receives SSI payments, or if you are receiving AFDC (currently qualified for financial assistance or food stamps) or if the child was placed in your home by the government as a foster child, the school must waive the fees.* If you are having a financial emergency caused by job loss, major illness, or other substantial loss of income beyond your control, you might be eligible for a waiver even if other eligibility criteria are not met. **If your local school board allows your school to charge fees, a Fee Waiver Application (Grades K-6) is enclosed.** Your school will give you additional information about fee waivers if you ask.

School funds are limited, and your school may need help. As a result, **the school may ask you for tax deductible donations of school supplies, equipment, or money,** but the school **cannot require donations** or tell anyone else the names of those who have or have not made donations (except that the school may honor those who make major donations). **No child may be penalized for not making a donation.** For example, if donations are used to pay for a field trip, every child must be allowed to go on the trip even though some may not have made a donation.

State law requires schools or school districts to require DOCUMENTATION of fee waiver eligibility if parent must “apply for fee waivers.” Local boards will have policies and/or guidelines for determining eligibility for fee waivers.

School district administrators shall request documentation of fee waiver eligibility from those who apply for fee waivers if fees or charges are required for non-regular school day activities, such as after-school music or foreign language programs or Friday ski programs.

Fee waiver eligibility documentation is NOT required annually. Also, documentation shall NOT be maintained for privacy reasons. Schools may transfer fee waiver eligibility information to other schools to which students advance or transfer.

NOTE: If your district does not require parents in the entire district area or parents and students in specific schools or sections of the district to “apply for fee waivers,” district administrators NEED NOT require verification of eligibility under this section.

If you have questions, first talk to your school or school district representative listed below. If you still need help, contact one of the other agencies listed:

School telephone no.: 435-784-3174 Ex 320

Ask for: Scott Taylor, Principal

USOE 4/8/09

District telephone no.: 435-784-3174

Ask for: Bruce Northcott, Supt.

Did You Know?

It's a great partnership - parents and families with their public schools. Research clearly shows that when parents are directly involved with their child's education either at school or at home, the achievement of that student increases. Teachers and principals are the trained professionals, but parents are the experts on what each of their children need to succeed.

Parents are welcome in Utah public schools. When parents volunteer, their child gets the message, "I care about what you do at school." Many teachers are experts at using individual parental skills and expertise to enhance their classrooms. Organizations such as the PTA and the School Community Council volunteer countless hours and provide much needed services and extra supplies for our public schools.

Children will value their education when they realize that education is valued at home. So what can parents and families do at home? It could be hanging the latest masterpiece or report card on the fridge, working together on a computer or pointing the way to accomplishing a difficult assignment. Each child will need something different in the way of homework assistance, and parents know what is appropriate for each age and personality in order for their child to grow and learn from each assignment.

Research shows that "the most accurate predictor of a student's achievement in school is not income or social status, but the extent to which the student's family is able to (1) create a home environment that encourages learning; (2) communicate high, yet reasonable expectations for their children's achievement and future careers; and (3) become involved in their children's education at school and in the community." (*National Standards for Parent/Family Involvement Programs, p. 8*)

Courtesy of the Utah School Boards Association and Daggett District.



Ten Steps to Amazing Manners Anytime, Anywhere

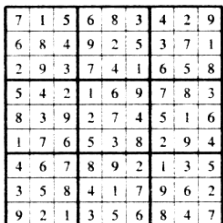
1. **Treat others as you want to be treated.**
2. **Put other people first.**
3. **Show respect for yourself and others.**
4. **Be kind, be cheerful, and use common sense.**
5. **Share and be fair.**
6. **Be patient. Wait your turn.**
7. **Show appreciation.**
8. **Be a good sport.**
9. **Clean up after yourself.**
10. **Accept differences.**

Also be kind to animals too.

Reminder tips for the on-set of flu—

Some people have also reported diarrhea and vomiting. Some common-sense steps to help prevent the spread of flu:

- In general, people who develop influenza-like illness should stay home from work, school or travel until at least 24 hours after they are free of fever.
- Frequent hand washing with soap and water or the use of an alcohol-based hand gel.
- Covering noses and mouths with a tissue or sleeve when coughing or sneezing, and throwing used tissues in a trash can.
- Avoiding contact with ill persons. A swine flu vaccine is not yet available.

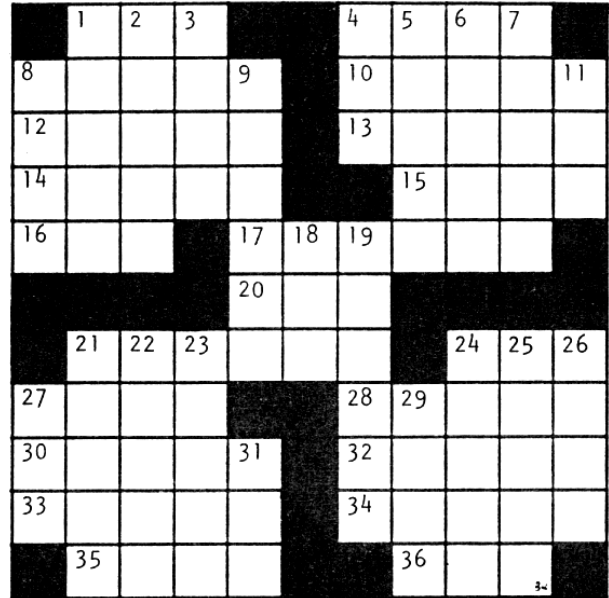


ACROSS

1. Resort
4. Bogin
8. Study: Fr.
10. Loon relation
12. McCoy of jazz
13. "The — Sanction"
14. Aromatic herb
15. Related
16. Richard Boone character
17. Pure as the driven snow
20. Poetic contraction
21. Blows up
24. Hummingbird
27. Kristofferson
28. New York island
30. Utah mountains
32. Artless
33. Cake decorators
34. Money man: Abbr.
35. Love god
36. Pis mire

DOWN

1. Jule of music
2. Language of Carthage
3. George and lemon
4. Ripen
5. Englishmen
6. Sired
7. White poplar
8. Greenland outpost
9. Puts up
11. Shrew
18. Sw at
19. Approval
21. Funny Fanny
22. Record jacket
23. Houston baseballer
24. Foreigner
25. Live!: Lat.
26. Enzymes: Suffix
27. Kandh language
29. Zhivago's mistress
30. Burro



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Today in History

October 9,

1872 - The first mail order catalog was delivered. It was only one page but it worked. It was sent out by Mr. Aaron Montgomery of the famous Montgomery Ward catalog and department stores.

1855 - Isaac Singer of New York patented the sewing machine motor.

1858 - Mail service by stagecoach between San Francisco, California and St. Louis, Missouri began. It took 23 days and four hours for that first run.

Calendar for SY 2009-2010

Teacher Check-In	Aug. 24 & 25, 2009
First Day of School	Aug. 26, 2009
Labor Day Holiday	Sept. 7, 2009
Fall Day	Oct. 12, 2009
Thanksgiving Holiday	Nov. 26 & 27, 2009
Christmas/New Year's Holiday	Dec. 23 – Jan. 1, 2010
Back to School	Jan. 4, 2010
Martin Luther King Jr. Day	Jan. 18, 2010
President's Day	Feb. 15, 2010
Early Spring Break	Mar. 12, 2010
Easter Holiday	April 2, & 5, 2010
Spring Break	April 30, 2010
Last Day of School	May 28, 2010

Semesters: 1st Semester Aug. 26, 2009 to Jan. 8, 2010
2nd Semester Jan. 11, 2010 to May 28, 2010

Elementary: Parent/Teacher Conferences
Nov. 2, 2009 & March 22, 2010 [Day Time]

Secondary: Parent/Teacher Conferences
Nov. 3 & 5, 2009 [5:00-8:00 pm]
March 23 & 25, 2010 [5:00-8:00 pm]

We are on the Web.
www.dsdf.org

Adult Education

To residents of Daggett County. The state provides each district with an adult education program. Come on in and take advantage of this opportunity. If you have not completed high school, you can earn credits towards this goal. Or students can prepare to take the GED test. There's no charge so give us a call. 784-3174 EXT 230.

Notice

Notice is hereby given that Daggett School District:
1. Under its Child Find Procedures will evaluate any child 3-21, who parents or other professionals may consider to have a suspected delay, deficit, or disability in one or more areas of development including cognitive, physical, motor, language, social-emotional, self-help, vision or hearing. You may call Harriet Dickerson at 784-3174-ext. 250 for more information.